

Slow Cooker Beef Tips over Rice

Total comfort food of tender stew meat, a decadent sauce and served over rice.



Prep Time	Cook Time	Total Time
5 mins	8 hrs	8 hrs 5 mins

Course: Main Course Cuisine: American

Keyword: Beef Tips over Rice Servings: 4 Calories: 49.38kcal

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5 from 1 vote

Equipment

- Slow Cooker - 3 quart or larger

Ingredients

- 2 lbs. beef stew meat
- 10.50 oz cream of mushroom soup
- 0.87 oz brown gravy mix
- 1/2 cup water yes that is all this recipe needs
- 1/4 tsp. black pepper
- Steamed rice for serving

Instructions

1. Place the cream of mushroom soup, gravy packet, water, and pepper in the slow cooker, stir until smooth.
2. Mix the stew meat into the sauce.
3. Cover and cook on LOW for 8 hours without opening the lid during the cooking time.
4. Stir and ladle the meat and sauce over steamed rice.
5. Enjoy!

Nutrition

Calories: 49.38kcal | Carbohydrates: 4.46g | Protein: 3.52g | Fat: 1.94g | Saturated Fat: 0.92g | Cholesterol: 3.81mg | Sodium: 576.24mg | Potassium: 96mg | Fiber: 0.15g | Sugar: 0.21g | Calcium: 3.05mg | Iron: 0.53mg

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